

Questions to answer throughout the day:

- What is the market doing?
- What is the market trying to do?
- How well is it getting it done?

06:31:15 AM **1.97 :1 NYSE** **2.5 :1 NASD** 1718.25 308,593 0.747

Locals sold/ Paper Buys Open/

06:34 Ben: DEC S&P opening range 1718.80-1718.50

06:47:20 AM ES 1719.25 – 1716.25 OPEN 15 MIN

07:01:51 AM **-1.44 :1 NYSE** **1.13 :1 NASD** 1714.50 510,094 0.909

08:00:35 AM **-1.65 :1 NYSE** **1.09 :1 NASD** 1714.25 730,126 0.917

09:00:25 AM **-3.02 :1 NYSE** **-1.4 :1 NASD** 1708.25 933,031 0.901

10:00:31 AM **-2.47 :1 NYSE** **-1.06 :1 NASD** 1710.00 1,075,41 0.799

10:49:52 AM 1706.00 1,182,82 0.816

11:31:22 AM 1707.00 1,272,51 0.794

12:00:37 PM **3.66 :1 NYSE** **-1.43 :1 NASD** 1706.00 1,336,13 0.841

01:00:55 PM **-4.96 :1 NYSE** **-1.61 :1 NASD** 1703.00 1,653,64 1.12

Paper selling close. Limited energy to the downside/ there has been conviction and definite direction all day long.

13:23 Ben: SP500 pit session closed pit HOD 1718.80 LOD

1701.50 settle 1702.40

01:25:47 PM 1702.75 1,754,94 1.07

Elephant Stomps/TINYS

ES 12-13		
Ask	1704.00	4
Bid	1703.50	1
Volume	1767388	
1:10:45 PM	1703.00	500
1:00:00 PM	1703.00	500
1:00:00 PM	1702.75	797
12:58:42 PM	1703.00	500
12:47:10 PM	1702.75	500
12:35:01 PM	1701.75	698
12:15:04 PM	1705.00	625
12:14:29 PM	1705.00	500
11:41:02 AM	1704.50	500
10:42:54 AM	1706.00	500
9:45:19 AM	1709.00	1000
6:53:35 AM	1716.25	506
6:50:20 AM	1715.50	515
6:25:11 AM	1718.25	500

ES Opening	1919.25	DELTA
15 MIN Range = Hi		
Lo	1716.25	203.00

NOTE: Numbers are in thousands. Repeat for missed nums. Also \* in column for times I missed volume.

ES	Volume	Change
OPEN	308	
10	510	202
11	730	220
12	933	203
1	1075	142
2	*	1211
3		1336
Cash CLOSE	1653	317
PIT CLOSE	1754	101

SP_Pit	1718.80	DELTA
Opening Range =		
Sp Pit	1718.50	0.30
SP_Pit	1718.80	
Day High -		
Day Low -	1701.50	17.30
Closing Range	1702.80	
High -		
Low -	1702.00	0.80
Settle -	1702.40	
Net Change -	-15.00	

What I did well today:

- That's a good question.
- I'm questioning myself more each day.

What could I have done better:

- I have to stop trying to wrestle with the

market and turn it more into a dance.

- I want the market to be my partner, not an opponent.

What will I do tomorrow to make things better:

- I have to continue.
- Routine, and Work on getting a Plan.

09/20/13

Friday

06:30:52 AM

